

SPECIAL POINTS OF INTEREST:

- **May is Skin Cancer Awareness Month!**
- **Health & Safety Expo planned for June 16th**

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WORKSITE WELLNESS NEWS

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May is Skin Cancer Detection & Prevention Month

How can you prevent skin cancer?

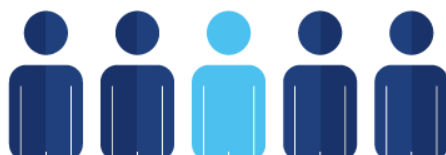
The American Academy of Dermatology encourages you to have fun outdoors and follow these quick tips to decrease your risk of skin cancer:

- **SEEK THE SHADE BETWEEN 10 A.M. AND 2 P.M.** If your shadow appears shorter than you, seek shade.
- **WEAR PROTECTIVE CLOTHING**, such as a long-sleeved shirt, pants, a wide brimmed hat and sunglasses when possible.
- **GENEROUSLY APPLY A BROAD-SPECTRUM WATER-RESISTANT SUNSCREEN** with a Sun Protection Factor (SPF) of 30 or higher to all exposed skin. Reapply every two hours, even on cloudy days and after swimming or sweating.
- **USE EXTRA CAUTION NEAR WATER, SNOW AND SAND** because they reflect and intensify the damaging rays of sun, which can increase your chances of sunburn.
- **AVOID TANNING BEDS.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, consider using a self-tanning product, but continue to use sunscreen with it.



Source: [American Academy of Dermatology](http://www.aad.org)

1 in 5 Americans will be diagnosed with skin cancer in their lifetime.



ANYONE

CAN GET SKIN CANCER
REGARDLESS OF SKIN COLOR

Call the City of Bryan/BISD Employee Health Center TODAY to schedule your routine skin check. Call 821-7690!

Back Pain Got You Down?

Back pain is one of the most common reasons why people visit a medical provider and miss work. It is a leading cause of disability worldwide. Join us for an educational seminar that will cover common causes, treatments and prevention methods.

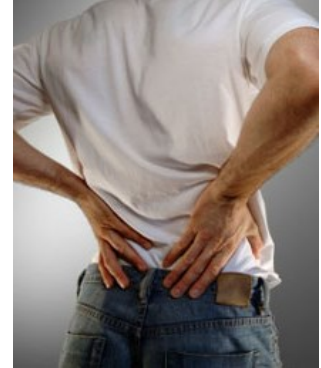
Thursday, May 12th

9:00-10:00am

MOB Basement Training Room

Speaker: Jennifer Brien, Physical Therapist
CHI St. Joseph Health

Click [here](#) to register.



Quick Tips for Talking to Your Medical Provider

Take an active role in decisions made about your medical care. Use these tips to improve your health care experience the next time you visit your medical provider.

- **Give information.** Don't wait to be asked!
- **You know important things about your symptoms and your health history.** Tell your provider what you think he or she needs to know.
- **It is important to tell your doctor personal information**-even if it makes you feel embarrassed or uncomfortable.
- **Bring a "health history" list with you, and keep it up to date.** You might want to make a copy of the list for each member of your family.
- **Always bring medicines you are taking, or a list of those medicines**-including over-the-counter medicines or supplements. Talk about any allergies or reactions you have had to your medicines.
- **Ask questions.** If you don't, your provider may think you understand everything that was said.
- **Write your questions before your visit.** List the most important ones first to make sure they get asked and answered.
- **You might want to bring someone along to help you ask your questions.** This person can help you understand and/or remember the answers.
- **Ask your provider to draw pictures if that might help explain something.**
- **Take information home and ask for written instructions.**
- **If you get home and have questions, call.**

Research has shown that patients who have a good relationships with their medical providers tend to be more satisfied with their care-and have better results.



Source: www.welcoa.org

Know Your Benefits

Put Your Employer's 457 Retirement Plan to Work

Enroll in the City of Bryan's 457 Deferred Compensation Plan today to begin saving for tomorrow. Contributions are made to an account in your name for the exclusive benefit of you and your beneficiaries. The value of the account is based on the contributions made and the investment performance over time.

You see, contributing to a 457 Plan is a way to save pre-tax dollars — deferring your tax liability until you decided to withdraw money from your retirement account and reducing your taxable income. In other words, you'll wait until you retire to tap into this money and then pay taxes on it.

You have the opportunity for automatic deductions into your retirement account. You won't have to worry about writing a check or putting aside extra money.

Increase your contribution! Try to tighten up your budget so you can contribute more to your retirement plan because any extra amount you contribute today may really make a difference in the amount you have saved when you reach retirement.

Diversify your assets! You can diversify by investing in the profiles funds which have already been diversified for you according to your risk level. You choose between aggressive, moderately aggressive, moderate, moderately conservative, and conservative profile funds. You can also enroll in managed accounts and let someone else do the work for you. Or perhaps, you like to keep control of your money with a little help. The plan offers guidance program as well. Something for everyone!

How much should you contribute to your retirement account? Depending on your circumstances you will want to know what limits apply. The IRS sets the limits on how much employer's retirement plans will allow you to contribute each year. In 2016, you can contribute up to \$18,800 of your salary toward your 457 plan.

A quick trip to your Risk Management department can help get you started with putting your employer's retirement plan to work for you or call 979-209-5055 for an enrollment packet.

To learn more about ICMA RC – City of Bryan 457 Deferred Compensation Plan please take a moment to view the video below.



If you can't view the image above, copy and paste this URL into your browser:

[ICMA-RC City of Bryan 457 Deferred Compensation Plan 2015](#)

[Learn about ICMA-RC's Payroll Roth IRA](#)

Internet: www.icmarc.org

Upcoming CPR, First Aid & Defensive Driving Classes

CPR & First Aid-First Time

NEXT CPR Classes will be June 28th

CPR Renewal

To register for a class, click [here](#).
Full CPR courses must have a minimum of four participants to make.

Defensive Driving

June 27th
8am-4pm at the MSC



Would you like to participate in Relay for Life Brazos County?

May 6th-7th, 2016 from 7:00 PM-7:00 AM
at Coulter Airfield

To register or for more info, click [here](#).

If you make an appointment at the City of Bryan/BISD Employee Health Center and decide you either no longer need the appointment or will not be able to attend due to scheduling conflicts, please call the Center to cancel at 821-7690 at least one hour prior to your appointment. This will open your appointment slot up for another person in need. The Center reported 26 no-shows in March with 10 of those being City of Bryan employees/dependents. Let's work together to get those numbers down!



Take me out to the Expo!

Save the Date!

2016 Health & Safety Expo

Thursday, June 16th from 10am-2pm

@ the Brazos Center

Lots of educational opportunities, fun, prizes and the annual backhoe rodeo!



CITY OF BRYAN/BISD
EMPLOYEE HEALTH CENTER

Open Monday-Thursday 7:30am-5:30pm (closed Noon-1pm)

Friday 7:30am-3:00pm (opened Noon-1pm)

Saturday 8am-Noon (minor acute illness only-call for appt.)

Limited walk-ins accepted from 7:30-8:30am during the week (acute illnesses only)

Call 979-821-7690 for an appointment!

Questions or concerns? Email CityOfBryanHealth@st-joseph.org

If you have wellness related news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

Wellness Coordinator

979-209-5050

lward@bryantx.gov

<http://wellness.bryantx.gov>